

LUNCH

WEEK 3: 14 th Sep, 5 th Oct, 2 nd Nov,23 rd Nov,14 th Dec		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	All our soups are Waste Knot Soups – A hearty, planet friendly blend crafted from perfectly good surplus vegetables and ingredients that would otherwise go to waste, so every spoonful is packed with flavour and purpose.					
	Freshly made soup is served with bread, herby croutons and a selection of toppings (crispy onion, sunflower or pumpkin seeds)					
MAIN MEALS TO NOURISH, NURTURE AND SUSTAIN	Pork and leek sausages with thyme gravy	Mexican beef, sweetcorn and black turtle beans 	Turkey tikka masala with mango chutney	North African chicken with chickpea, red peppers 	Thai red king prawn curry 	
	Pearl barley, celeriac, pea risotto with watercress (v) 	Spice veggie & kidney beans tortilla chip bake (v) 	Ratatouille vegetable with green lentil (v) 	Sweet potato falafel served with tzatziki dip (v)	Rich mac ‘n’ smoked cheese with grilled cherry tomatoes (v)	
SIDES	Mashed potato with olive oil Steamed carrot and hispi cabbage	Braised rice Steamed cauliflower and peas	Basmati rice Steamed pea and carrot	Herby couscous Roasted courgette Steamed green beans	Jasmine rice Steamed broccoli and cauliflower	
SALADS	Beetroot, celeriac watercress Borlotti bean, roasted courgette, bell pepper, rocket	New potato, roasted peppers, green beans black olives Little gem, tomato, cucumber, turtle beans	Chickpea, cherry tomato, broccoli, coriander Chicken Caesar with homemade dressing	Tabbouleh with bulgur wheat, lemon, parsley Green lentil, roasted cauliflower, tomato, coriander	Soya noodle, broccoli, pak choi, edamame bean Rocket, cherry tomato, parmesan shavings	
EVERY DAY	Our daily offer includes extra 3 simple salads (lettuce, tomato, cucumber) as well as daily options of pasta and jacket potatoes					
DESSERTS	Date and banana cake with custard	Coconut and lime cake	Carrot and ginger cake with custard	Chocolate marble cake	Sticky toffee pudding with vanilla custard	
ALTERNATIVE DESSERT	A daily selection of our new cold dessert pots including freshly cut fruit, strawberry or toffee yoghurt, raspberry or orange jelly					